



Realize Your Beauty Day 2019: Activity Suggestions

Big and Small Ways to Participate in Realize Your Beauty Day!

April 28th (celebrations happening April 25-May2)

- 1. Take a video of your group saying the 'I Am Beautiful' Pledge** (downloadable from our the RYB Day Webpage: realizeyourbeauty.org/ryb-day)
- 2. Take photos of signed pledges.** Either individual/group or create a collage. Share on FB/Twitter/Tumblr and Instagram using hashtag: #realizeyourbeauty .
- 3. Organize and choreograph a Flash Mob in your community.**
- 4. Create a video collage of people saying one thing they love about themselves.**
- 5. Support us on social media.** Help spread the word by retweeting and sharing our RYB Day posts, using hashtag: #realizeyourbeauty .
- 6. Art Project:** Gather testimonials from a group of people about how body image concerns have impacted their self-esteem. Finish each testimonial with a positive affirmation, and what they have learned about loving themselves. Then take testimonials and create an art project (ideas: collage, paper mache, etc.). Photograph and share!
- 7. RYB Inner Beauty Bird™: Print, design and hang your very own bird!** (download pattern from our RYB Day Webpage). Make an individual bird *or* get a group or classroom involved. Once completed, hang the birds around classroom or community space to make an art installation.
- 8. Get a group together and use our official script to create an RYB Play in your community!** (please contact us for more info: info@realizeyourbeauty.org)
- 9. Create a "RYBeauty" magazine with your own photos and positive articles.** Fight back against commercial "beauty" magazines that contain unhealthy images and messages.
- 10. Choose this day as a "judgment-free" day.** Make your home a "judgment-free zone" for the day and ask your family to participate.
- 11. Create and display your own *I Am Beautiful Because* document.** Ask your parents/guardians, siblings and friends to participate.
- 12. Put up post-its with positive messages in public spaces/mirrors.**
- 13. Create a Positive Affirmation Jar.** Tape words of affirmation on the outside of a jar and share it with kids to increase self-esteem.